

Behavioral Obesity Treatment:

Today's State of the Art

Satellite Conference

Tuesday, February 22, 2005

12:00-1:30 p.m. (Central Time)

1:00-2:30 p.m. (Eastern Time) • 11:00 a.m.-12:30 p.m. (Mountain Time) • 10:00-11:30 a.m. (Pacific Time)

Obesity is increasing at alarming rates in our population, with national prevalence estimates indicating that 64% of the US population is overweight or obese. Projections are that the number of overweight and obese individuals will increase as our population as a whole ages. Significant co-morbidities associated with obesity such as diabetes, cardiovascular disease, heart disease and some cancers make the problem of achieving sustained weight control even more important.

Behavioral obesity treatments have come a long way in recent years and current programs are effective in producing weight losses of 7-10% of initial body weight. Further, the Diabetes Prevention Program recently demonstrated that a lifestyle change weight loss program targeting changes in dietary habits and increased physical activity was effective in preventing the onset of type 2 diabetes among overweight individuals at risk for diabetes, and that the behavioral program was more effective in preventing diabetes than medications. Modest weight losses of 5-10% have been shown to improve other health parameters, including lipid profiles and blood pressure.

What are the components of effective behavioral weight control programs? How can health care providers help motivate overweight and obese individuals to make changes in dietary habits and in physical activity? What are methods that can work in the real world? These are some of the questions that will be discussed during this interactive distance learning program.

Faculty:

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Objectives:

1. To review empirical data on health outcomes of effective behavioral weight control programs.
2. To identify components of effective behavioral weight control programs.
3. To provide details on implementation of behavioral weight control strategies.

Conference Details:

Target Audience: Dietitians, diabetes educators, nurses and other health professionals who work with an overweight and obese patient population.

CEU's: Nurse, Registered Dietitians & Social Workers (pending)

Registration: www.adph.org/alphtn Cost: No cost to view. Satellite Coordinates: C & Ku Band.

Conference Materials: Posted on website approximately one week before the program.

Questions: alphtn@adph.state.al.us or 334-206-5618.

Issues or questions you want addressed during the conference?

Email (alphtn@adph.state.al.us) or fax (334-206-5640) the conference faculty before February 21, 2005.

They will respond during the program.